



## **Flood Recovery Websites and Resources**

### **General Safety Information**

**Federal Emergency Management Administration (FEMA) General Safety Tips**

<http://www.fema.gov/rebuild/recover/return.shtm>

**Center for Disease Control (CDC) General Safety Tips**

<http://www.bt.cdc.gov/disasters/mold/reenter.asp>

### **Food Safety**

**Food Safety for Consumers Returning Home After a Hurricane and/or Flood.** United States Food and Drug Administration (FDA)

<http://www.cfsan.fda.gov/~dms/fsdisas5.html>

**Safe Handling of Food and Utensils after a Flood.** NDSU Extension

<http://www.ag.ndsu.edu/disaster/flood/safehandlingoffoodandutensils.html>

### **Cleaning Up Your Home**

Occupational Safety and Health Administration (OSHA)

**Floods** <http://www.osha.gov/SLTC/emergencypreparedness/guides/floods.html>

**Protect Yourself from Safety and Health Hazards During Cleanup** OSHA Fact Sheets—

Flood Facts [http://www.osha.gov/OshDoc/data\\_FloodFacts/Bulletin1.pdf](http://www.osha.gov/OshDoc/data_FloodFacts/Bulletin1.pdf) ,

[http://www.osha.gov/OshDoc/data\\_FloodFacts/Bulletin2.pdf](http://www.osha.gov/OshDoc/data_FloodFacts/Bulletin2.pdf)

### **Fire Safety**

**Flood Fire Safety** United States Fire Administration (USFA)

[http://www.usfa.dhs.gov/citizens/all\\_citizens/home\\_fire\\_prev/flood.shtm](http://www.usfa.dhs.gov/citizens/all_citizens/home_fire_prev/flood.shtm)

### **Mold Cleanup**

**Removing Mold** Centers for Disease Control <http://www.bt.cdc.gov/disasters/pdf/flyer-get-rid-of-mold.pdf> (Also in Spanish <http://www.bt.cdc.gov/disasters/espanol/pdf/flyer-get-rid-of-mold-spanish.pdf>)

**Checking Your HVAC (Heating, Ventilating, and Air Conditioning) System for Mold** CDC

<http://www.bt.cdc.gov/disasters/pdf/flyer-hvac.pdf>

**Cleaning Flood Damaged Carpets and Rugs** NDSU Extension

<http://www.ag.ndsu.edu/disaster/flood/cleaningcarpetsandrugs.html>

**Cleaning Flooded Wood Floors and Woodwork** Iowa State Extension  
[http://www.co.chippewa.wi.us/Emergency\\_Management/Flood/Cleaning%20Flooded%20Wood%20Floors%20and%20Woodwork.htm](http://www.co.chippewa.wi.us/Emergency_Management/Flood/Cleaning%20Flooded%20Wood%20Floors%20and%20Woodwork.htm)

## **Mental Health and Wellness**

**Mental Health Resources for Coping with Natural Disasters** American Psychiatric Association (APA)

[http://www.redcross.org/www-files/Documents/pdf/getting\\_assistance/pickingupthepieces\\_disaster.pdf](http://www.redcross.org/www-files/Documents/pdf/getting_assistance/pickingupthepieces_disaster.pdf)

**Coping with Disasters** FEMA <http://www.fema.gov/rebuild/recover/cope.shtm>

**Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do** National Institute of Mental Health (NIMH)

<http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-what-parents-can-do/index.shtml>

**Tips for Managing and Preventing Stress: A Guide for Emergency and Public Safety Workers** Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://download.ncadi.samhsa.gov/ken/pdf/KEN01-0098R/KEN01-0098R.pdf>

## **Other Health Issues**

**Outdoor Action Guide to Hypothermia and Cold Weather Injuries** Princeton University

<http://www.princeton.edu/~oa/safety/hypocold.shtml>

**MeritCare Ask-A-Nurse** (701) 234-5000 or 1-800-821-5167

## **Area Resources and Contact Information**

NDSU Extension Service

Great resource for many topics <http://www.ag.ndsu.edu/disaster/flood.html>

City of Fargo <http://www.ci.fargo.nd.us/> Cass County <http://www.casscountynnd.gov/>

City of Moorhead <http://www.ci.moorhead.mn.us/> Clay County <http://www.co.clay.mn.us/>

## **Useful National Websites**

**American Red Cross**

<http://www.redcross.org/>

**Centers for Disease Control**

<http://www.cdc.gov/>

**Federal Emergency Management Administration**

<http://www.fema.gov/>